Plant a Salad Garden

What you need:

- Dirt or potting mix (soil substitute)
- fertilizer
- vegetable seeds: cucumber, broccoli, carrots, lettuce, tomato, and bell peppers
- containers for planting: buckets, basins, cans, plastic or wooden plant containers, or plastic milk crates lined with two heavy weight black plastic bags

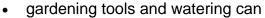


chart paper, drawing paper, and markers



What to do:

- 1. Check with a grown-up before you begin.
- You will plant a container garden to grow "salad" vegetables. Many people who do not have yards to plant a garden use different types of containers to plant in.
- 3. Can you think of the types of vegetables that are used to make a salad? Choose several vegetables to grow in their container garden.
- 4. Choose a sunny area in your house or yard to place the container garden and select a day to do the planting. Be sure to wear old clothing while you are planting. Ask an adult to help!
- 5. Follow the directions on the seed packets to plant your seeds in the containers.
- 6. Save seed packets to attach to craft or wooden sticks so you can remember where the seeds are planted. Plan a time each day to observe your plants, care for them, and keep a record of how they are growing. You may want to draw pictures!
- 7. Once your plants are ready to pick, plan a special "salad day" to celebrate your success. Invite friends or family members to share this special day or incorporate it into a special potluck family gathering!